



Why is Protein for Breakfast Important?

Cortisol, Insulin and Leptin respond best when you have had protein early in the day. Your body spikes cortisol in the early morning, to assist in 'get up and go'. Your cortisol needs protein as fuel. If you do not eat, the cortisol will take the fuel from your muscles. It is preferable to give the cortisol protein from your food rather than from your muscle mass.

The protein can come in any form, even a protein rich smoothie. Allow for around 1/3 of your protein requirements for breakfast.

That means, if your lean body weight is 60kg, allow for a total daily protein intake of 60g protein of which 20g should be for breakfast. More if you are doing some exercise.

Use an app. to calculate the protein in food quantities.

1 egg contains around 7g of protein so 2 eggs and a spoon of curried lentils will add up to around 20g protein.

Other sources of protein.

Protein powder in a smoothie

Nuts and nut butters

Lentils and beans

Palm sized piece of chicken or steak

Left-over stew from dinner

Always add something fresh, colorful and raw, perhaps chopped tomato and apple or sweet peppers.

The Benefits of Protein for Breakfast

1. Prevents hypoglycemia (blood sugar lows) later in the day.
2. Suppresses hunger and allows more time between meals.
3. Prevents Leptin fluctuations during the day, balancing energy and hunger messages.
4. Prevents after dinner cravings by early balancing of Leptin.
5. Enhances production of growth hormone.
6. Enhances glucagon production which increases fat burning.
7. Provides fuel for cortisol.
8. Balances excessive cortisol production.
9. Replenishes amino acids used in overnight repair.
10. Provides amino acids for use in building enzymes and hormones.

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